

Stop the Shaft members David Gavrich, of Andover Street, and Elaine Mayers, of Bradford Street, inform neighbors about the effects of the proposed Crosstown Tunnel to the Bernal Hilltop and its residents.

## Supervisors to hear Bernal's concerns over sewer shaft

By Joe Engelman

**T**he Stop the Shaft committee invites you to an important meeting on Thursday April 7 at 7:00 PM at the Bernal Heights Neighborhood Center, 515 Cortland Avenue. Supervisors Bill Maher and Terence Hallinan will be there and Supervisors Angela Alioto, Sue Bierman, Carole Migden and Kevin Shelley will send aides to hear Bernal Heights neighbors voice their concerns about the proposed Crosstown Tunnel and Bernal Hill

surge shaft. The Stop the Shaft group will present petitions to the supervisors more than 2,000 signatures opposing the project.

The Crosstown Tunnel and accompanying surge shaft are one of four options before the Board of Supervisors in order to comply with orders from the State Regional Water Quality Control Board to stop allowing waste water to bypass the Southeast sewage treatment plant. Currently sewage and storm water runoff on the east side of San Francisco

flows to the Southeast Treatment Plant at 750 Phelps, near Evans and Third streets. This plant provides secondary treatment of sewage, which means that all of the solids are removed and the water is mixed with air and chemicals that partially clarify, deodorize and disinfect it. Secondary treatment is the standard for most urban waste water in the U.S.

After treatment, the water is discharged into San Francisco Bay through a long underwater pipe.

*continued on page 3...*



Bernal Heights resident Julian Muñoz skied in two Winter Olympics for Costa Rica.

## People on the Hill

### Challenging the Winter Olympics' closing door

By Vicki Victoria

**T**his year's Winter Olympics had the highest numbers of viewers ever, due to the media circus of the Tonya Harding/Nancy Kerrigan coverage. Bernal Heights, however, was looking forward to seeing one of their own participate in the games in Lillehammer, Norway. Bernal resident Julian Muñoz, who skied in the 1988 and 1992 Winter Games, had hoped to represent Costa Rica again this year on its ski team. He was ultimately denied by what he feels has become an Olympics that were moving away from an open, international focus.

"I was invited to Lillehammer by the National Olympic Committee of Costa Rica," says Muñoz, "But the International Olympic Committee would not confirm my participation." At 46 years of age representing a non-Alpine country, Muñoz had little chance of winning a medal in the games and was grateful to just be a part of the world event.

*continued on page 6...*

## Community Congress '94 - a lesson in democracy

By Helen Helfer, Mauricio Vela and Jess Dugan

**T**his year's Bernal Heights Community Congress was the most inclusive ever. Over 400 residents including children, youth, seniors, public housing tenants, non English speaking residents, and neighbors—both new and long-term—provided input into the two-month process.

BHNC staff, Board members, and a large number of Neighborhood Center members and volun-

March 12th. Over 370 people including children, youth, seniors, and families, have joined or renewed a membership with the Neighborhood Center—all supporting the great work of the BHNC.

The house meetings held around the Hill these last two months served a variety of purposes. First and foremost, it brought neighbors together who live near or on the same street as one another but do not communicate—thus, strengthening our



BHNC Board Member Bebe Castaing addresses over 100 neighbors who attended the 1994 Community Congress.

teers served as hosts and facilitators for the twenty-five house meetings held in Bernal in February and March. Many also participated in the annual BHNC membership drive as phone bankers. While the 25 house meetings were taking place, staff and volunteers called BHNC members and Bernal residents encouraging them to support the Center with a membership, host a house meeting, and attend the Congress on

efforts at the BHNC to build community. Neighbors were allowed the opportunity to meet, voice concerns (sometimes contradictory) and offer both simple and complex solutions to community problems. People spoke and listened to each other and some groups pointed out who was responsible for addressing specific problems. The house meetings were a first step in pri-

*continued on page 4...*

What's  
Happening  
in Bernal  
Heights?  
Check out the  
**Bernal Calendar**  
page 14...

# new Bernal Journal

515 Cortland Avenue, San Francisco, CA 94110  
(415) 206-2144

The *New Bernal Journal* is a bi-monthly neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues, and events that support the Center's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The *New Bernal Journal* is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Neighborhood Center.

## For Advertising Call: 206-2144

Next Issue: June/July '94 Distribution Date: 6/4/94

Deadlines: Editorial/Submission: 5/14/94

Advertising Reservation: 5/21/94. Camera Ready Ads: 5/28/94

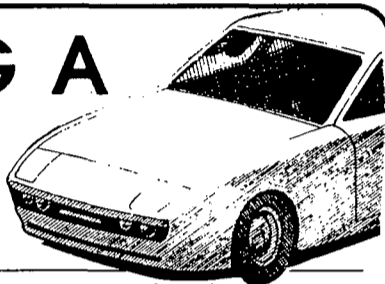
We reserve the right to edit for clarity or space.

Circulation for this issue: 8,000

## New Bernal Journal Staff/Volunteers

**Editor** Vicki Victoria  
**Youth Assistant** Marcus Johnson  
**Art Production/Photos** Victoria Graphics  
**Distribution** David Rogers & a cast of hundreds!  
**Contributors** Ellen Egbert, Joe Engelman, Clo Dow, Helen Heller, Jess Dugan, Mauricio Vela, Jessica Murray, Joy Ferguson, Barbara Pitschel, David Assman  
**Editorial Assistance** Patrick Twohy  
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## Bernal Wish List

Every wonder how you can help your community by volunteering your time or donating extra stuff? Various community groups in our neighborhood need your extra or surplus supplies, equipment and materials or your volunteer service. Your donations or time will help these groups continue providing important services in our neighborhood. If you, your office or company can give any of these groups a hand, give them a call today!

### Bernal Heights Neighborhood Center, Jeff Bachman, 206-2140

- Conference table and chairs, desk lamps
- Electric typewriter in excellent condition

### Little People's Workshop, Lupe Morales, 648-5156

- A working kitchen stove
- Outdoor play equipment (jungle gym, etc.)

### Gang Prevention Program, Joy Ferguson, 206-2140

- Donations of free tickets to sporting, cultural and musical events
- Volunteers to drive young people to special events

### Bernal Branch Library, Dorothy Coakley, 695-5160

- Educational games--Scrabble, Chess, Checkers
- Durable children's toys--wooden puzzles, doll house
- Cloth books for very young children

### Bernal Heights Senior Services, Vicki Victoria, 206-2145

- Macintosh compatible laser printer
- Volunteer to tutor staff and seniors in Macintosh computer and programs
- Beads, old jewelry, jewelry findings for beading classes
- Baskets, knitting, sewing and crocheting needles, sewing shears
- Night lights for frail seniors' homes

### Precita Valley Center, Peter Vigil, 206-7756

- Arts & crafts supplies
- Recreation equipment: Weights, gardening tools, camping gear
- VCR, tape recorder
- Magazines, maps, educational/reference material, dictionaries

### NIT-AMP/Community Organizing, Clo Dow, 206-2140

- Volunteers needed for tutoring program
- Mentors needed for female issues group
- Donations of refreshments for meetings
- Cooking utensils for afterschool classes
- Weight sets for Bernal Playground
- Pencils, erasers and rulers
- College or elementary ruled binder paper
- 1" 3-ring binders. Books for young people

### Precita Park, Clo New Bernal Journal, 206-2144

- Neighbors are wanted who would like to form a working group which would regularly meet regarding park issues and also participate in regular park clean ups.

## BHNC Board Resolution: Bay Discharge Alternative

*BIINC Board Resolution: Recommended Bay Discharge Alternative for the City of San Francisco, March 28th, 1994, (Passed Unanimously).*

After reviewing the four alternatives as presented by the Department of Public Works over the last year and discussing the issues with many concerned people in our community, most notably our "Stop the Shaft" neighbors, the Bernal Heights Neighborhood Center resolves the following:

We support a two pronged approach which addresses the short range problem of sewage overflow and odor, but more importantly the long range issue of developing a water policy for generations to come.

The City must continue to aggressively repair and upgrade the sewers in our city's neighborhoods that have born the brunt of old and unrepaired sewers. To address the issue of the City's increased treatment needs, we recommend the New Bay Outfall, and for long range planning, the Regional Water Export Plan. As a community, we oppose the Crosstown Tunnel Proposal.

We appreciate the work of our neighbors who have taken the time to study this critical issue, and look forward to working collaboratively with our public agencies and other communities to address and solve our sewage and water reclamation issues for years to come. •

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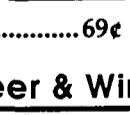
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# Sewer Shaft

Cont'd. from page 1...

The plant's capacity has been increased over the years to handle up to 250 million gallons per day, but the outflow pipe can only handle 100 million gallons per day. This is fine during dry weather when the total sewage flow is approximately 80 million gallons per day. The basic problem is that the pipe is not big enough to carry all the water treated at the plant in wet weather. During heavy rains, up to 150 million gallons per day of partially treated sewage and storm water runoff is allowed to bypass the pipe and flow directly into Islais Creek, which flows into the Bay.

The state Regional Water Quality Control Board does not want any waste water to flow into Islais Creek and has given the

Board of Supervisors until November to come up with a plan for excess outflow from the plant.

The Stop the Shaft committee is concerned about the impact the tunnel and shaft would have on the environment of Bernal Hill, both during the blasting and drilling and its operation. The Hill is an ecological gem and a near sacred piece of open space to residents and nothing should disturb it. Public Works says that odor control measures may not be completely effective and that the concentrations of carcinogenic or toxic materials in the air would be very low involving extremely small risk to healthy individuals. The November 1993 study on which the department bases its estimates does not address the risks to infants and small children and the elderly, many of whom play on or live near the Hill and the

proposed surge shaft vent. Nor is there any mention of potential effects on wildlife and plant life on the Hill. The Stop the Shaft committee also has concerns about the cost of the proposed tunnel. \$230 million over four to five years seems like an expensive undertaking with a potential for cost overruns.

Many neighbors are concerned about possible health risks, including breathing in more cancer-related chemicals as a result of the sewer shaft. "There will be at least six known carcinogens in the fumes," said David Gavrish who lives near the

If you oppose the Crosstown Tunnel, what can you do?

Sign the "Stop the Shaft" petition

Help collect more signatures -- call Milton Brown (282-4299) for blank petitions

Write to the Board of Supervisors, expressing your opposition

Organize a block club or neighbor's meeting to discuss the issues. Call 550-0346 for more copies of this fact sheet or for a more-detailed summary of the various alternatives.

Help us review the Draft Environmental Impact Report. If you are one of the following specialists, call 626-3380 to find out how you can help:

- Environmental scientists
- Geologists
- Structural engineers
- Wastewater treatment engineers
- Public health researchers or epidemiologists

Attend neighborhood meetings -- watch for notices in stores on Cortland Street or in the Bernal Journal

For more information, call:

Beth Abrams	282-6177
Andee Wright	285-5384
David Malinen	826-3380
John Abbott	841-0272
Joe Engelman	550-0346

Sewer Discharge Alternatives

hill top. Others expressed their concerns in general. "The crosstown tunnel makes no sense. It endangers Bernal seismic stability, marine life, and is likely to be illegal upon its completion," said Beth Abrams. "this makes

the project fiscally irresponsible."

Join with your friends and neighbors to make your voice heard on April 7 at 7 p.m. at the Bernal Heights Neighborhood Center and let the supervisors know that Bernal Hill is off limits and that there are alternatives.

Here are other ways you can get involved:

• Request to be on the mailing list to receive the draft environmental impact report due to be released in April. Contact Frank Felice, Environmental Coordinator, 1680 Mission Street, SF 94103, 554-8226

• Attend the hearing scheduled for sometime after the release of the environmental report. If you

are on the mailing list, you will be notified of the time and place. You may also send written comments.

• If you are an environmental scientist or a public health specialist with training in toxicology, consider joining the Stop the Shaft health and safety subcommittee. Call Joe Engelman at 550-0346.

• If you want to work on the publicity or petition drive subcommittees or would like more information on the April 7 meeting, call Beth Abrams at 282-6177. Get involved! Come to the April 7 meeting! Don't let Bernal Hill get the shaft! •

Add'l. info by Demece Garepis

Sewer Alternatives: The View from Bernal Heights Board of Supervisors must select one alternative by November, 1994 to comply with orders of State Regional Water Quality Control Board	Alternative	Cost and Construction Time	Advantages	Disadvantages
	<b>New Bay Outfall</b> Build an additional discharge pipe from Southeast Treatment Plant into bay. This would eliminate existing discharge into Islais Creek, which flows into bay.	\$70 million 2 years	<ul style="list-style-type: none"><li>• Relatively low cost</li><li>• Very little construction impact on neighborhoods</li><li>• Low cost could free up funds to fix broken sewers in other parts of city</li></ul>	<ul style="list-style-type: none"><li>• Continues discharge of treated wastewater into bay, as is currently done</li><li>• May not meet future water quality regulations, but level of treatment could be upgraded later as regulations change</li></ul>
	<b>Water Export</b> Build a large regional system of tunnels to take relatively clean water from new tertiary treatment plants in cities around bay and sell to farmers in Central Valley. Feasibility study to be completed by early 1996	\$3 billion (preliminary estimate) 4 - 6 years for construction, but political delays in getting cooperation from all water districts around bay might delay project for much longer	<ul style="list-style-type: none"><li>• Reduces discharge of treated wastewater into bay</li><li>• New source of clean water for agriculture or replenishment of bay</li><li>• Possible long-term benefits of changing policy from simply dumping wastewater to reusing it</li></ul>	<ul style="list-style-type: none"><li>• High cost</li><li>• Might take many years to implement</li><li>• Construction disruption over a very large area</li></ul>
	<b>Crosstown Force Main</b> Install a new 6-1/2-ft. diameter pipe in trench below streets to pump some partially-treated sewage and stormwater runoff from Southeast Treatment Plant to existing ocean outfall	\$140 million 2 - 3 years	<ul style="list-style-type: none"><li>• Reduces discharge of treated wastewater into bay</li><li>• Simple trench construction, no tunneling</li></ul>	<ul style="list-style-type: none"><li>• Increases discharge of treated wastewater into ocean</li><li>• High energy and operating cost</li><li>• Major neighborhood impacts during construction: noise, dirt, traffic disruption</li><li>• Requires air vents in street: possible odors or health risks</li></ul>
	<b>Crosstown Tunnel</b> Core a new 13-ft. diameter tunnel across town to pump all partially-treated sewage and stormwater runoff from Southeast Treatment Plant to existing ocean outfall  Surge/vent shaft from tunnel up to one location on Bernal Hill.	\$230 million 4 - 5 years	<ul style="list-style-type: none"><li>• Eliminates all discharge of treated wastewater into bay</li></ul>	<ul style="list-style-type: none"><li>• Increases discharge of treated wastewater into ocean</li><li>• Relatively high cost</li><li>• Impact of surge/vent shaft on Bernal Heights: possible odors or health risks from chemicals or bacteria</li><li>• Possible seismic weakening of hill from tunneling or blasting</li><li>• Possible groundwater contamination from sewage leaks through cracks in tunnel</li></ul>

## Sewer Shaft Meeting with SF Board of Supervisors

When:	Thursday, April 7, 7:00 p.m.
Where:	Neighborhood Center, 515 Cortland Avenue
Call:	Beth Abrams, 282-6177

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# Community Congress '94

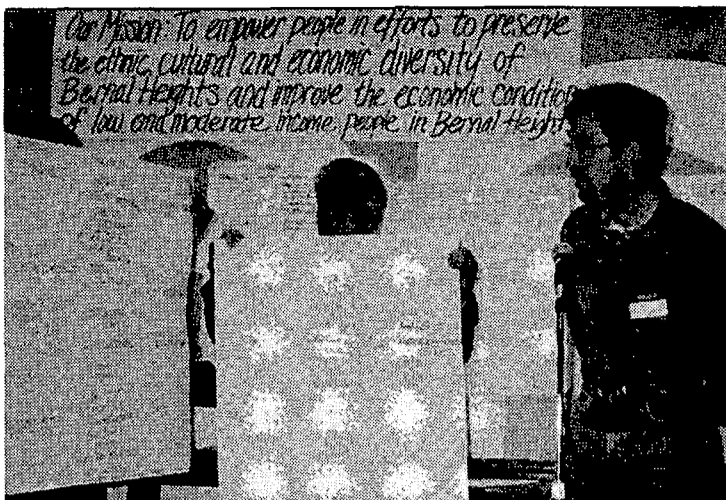
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oritizing issues and building a network of block groups which will hopefully join together to resolve some of the concerns with and without assistance of the BHNC.

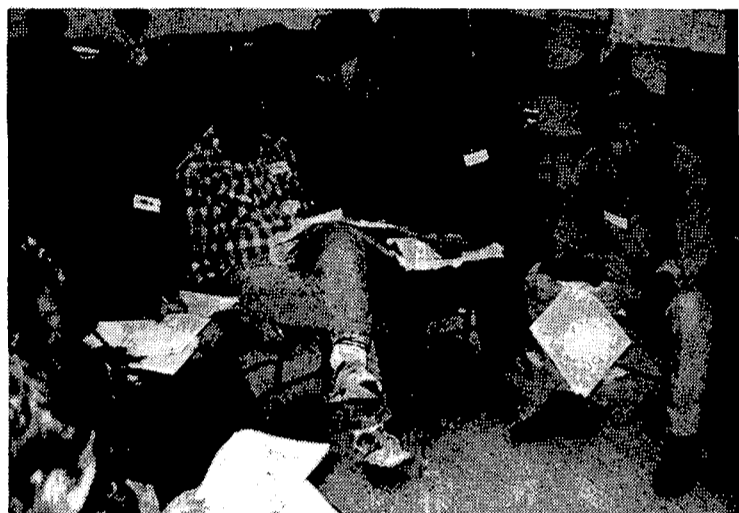
After twenty-five house meetings around the hill, reams of butcher paper, and over 100 community residents attending our March 12th Annual Congress, we had the best and liveliest session ever - and have quite an

and broke into four groups to continue the lively process of identifying problems and suggesting solutions. We will have a complete report on the results of each session and a preliminary Action Plan in next month's "Memo to Members."

We would like to thank Alfredo DeAvila from the Center for Third World Organizing, the Board, staff, and volunteers, along with the 25 wonderful commu-



Youth, senior and neighborhood problems and solutions gathered from various housemeetings in Bernal were addressed at the Congress.



Neighbors concerned about children and youth issues in Bernal Heights discuss possible solutions.

agenda to accomplish this year. The encouraging word is that a lot of people are willing to work together!

At this year's Community Congress, we used the information gathered at the house meetings (which was summarized into four issue areas; *Neighborhood Issues, Public Safety, Youth Issues, & Senior Issues*) as a base

nity hosts, who put the house meetings together, as well as our able Office Manager, Jess Dugan and her able asistant, Laura Lee, who culled the many large butcher paper sheets into a readable hand-out at the Congress.

A summary of the many expressed concerns and possible solutions will be addressed by the Neighborhood Center

throughout the year.

## Neighborhood Issues

**Problems** — graffiti; dirty streets; dog poop (particularly on Bernal Hilltop); lack of park maintenance; the proposed surge shaft and negative impacts on the neighborhood; and the need for more businesses and a variety of stores on Cortland Avenue.

**Possible Solutions** — Devote more days to street cleaning and designate (rotating) person on block to remove graffiti; get Rec and Park to do their job - determine point person; install bulletin boards in markets for community events and news; build cohesive block based organizations.

## Youth and Children Issues

**Problems** — Youth need a youth center; tutoring programs; safer parks for them to play; activities for young females. There is a lack of permanent job opportunities/training for youth and problems with substance abuse and self esteem.

**Possible Solutions** - Latchkey

services; summer activities; Friday night videos; activities at Bernal Gym and Playground; Merchants Association's strengthening of youth hiring; refer youth to BHNC Gang prevention program.

## Senior Issues

**Problems** — Lack of transportation services; youth don't give up seats on the bus; Muni not pulling into bus zone creates safety hazards for loading/unloading seniors; seniors feel unsafe; targets of crime; seniors under utilized as community resource - misunderstood stereotypes.

**Possible Solutions** - Need mini-van or smaller buses for neighborhood; more volunteers for driving seniors; intergenerational activities to break down stereotypes; carry whistle, preferably pepper spray; do a Senior Needs Evaluation - what do seniors want from youth and the community.

## Public Safety Issues

**Problems** - Gunshots; lack of police and CPOP presence; need more outreach from police at Holly Court, Bernal Dwellings and Alemany; police brutality; muggings and drug dealing; speeding cars ignoring stop signs.

**Possible Solutions** - More CPOP/beatcops - meet with Chief and Police Commission; implement SAFE program; continue house meetings throughout the year; better lighting throughout community; business and community need to collaborate to address violence - economic development — more businesses on Cortland and Mission Streets would help crime problem.

If you were unable to attend the Congress and would like a complete summary of the 25 House Meetings, please feel free to call us at 206-2140 and we'll be glad to send you one.

In the meantime, we'd welcome



Bernal neighbor Tom Ammiano enthusiastically casted his ballot to select five residents to serve on the BHNC's Board of Directors.

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## Thank You, Staff & Volunteers!

We would like to thank our hardworking volunteers who gave time and energy to this year's membership drive and annual Congress:

### Phone Bankers:

Walter Alvarez	Jess Dugan	Carmen Mendieta
Lorena Archila	Tori Iva	Linda Neal
Jeffrey Bachman	Patricia Fasano	Julian Navarro
Lydia Beltran	Lisa Feldstein	Augustin Oropeza
Martin Beltran	Joy Ferguson	Amena Panni
Anne Buckley	Mary Foy	Jay D. Perez
Thomas Chin	Demece Garepis	Raul Rodriguez
Dorothy Coakley	Nic Griffin	David Rogers
Peter Coakley	Helen Helfer	Bill Sorro
Rick Cortez	Laura Lee	Mauricio Vela
Max Drukman	Alex Mejia	Vicki Victoria
		Georgia Willette

### Congress Volunteers:

Ben Sosa	Bebe Castaing	Raul Rodriguez
Marcus Johnson	Vicki Victoria	Carmen Mendieta
Alex Mejia	Jess Dugan	David Rogers
Clo Dow	Laura Lee	Reynaldo Berrios
Jose Fabiani	Joy Ferguson	Lorena Archila
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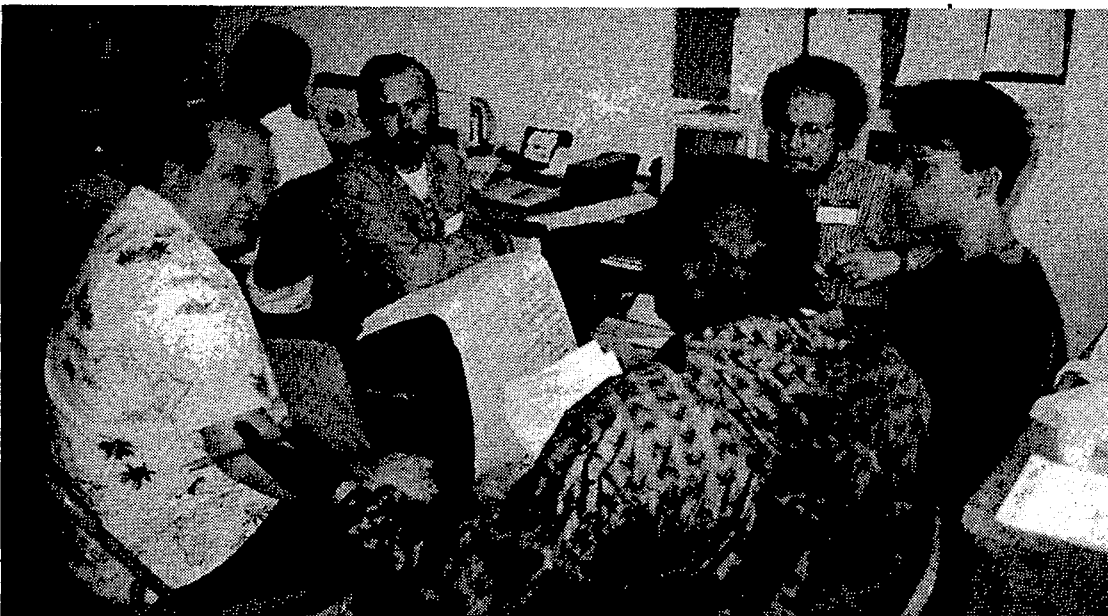
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June/July '94 issue of the

**New  
Bernal Journal**

delivered on 6/4/94

Editorial deadline: 5/13/94

Ad Space Reservation Deadline: 5/20/94



By breaking into small discussion groups, neighbors at the Congress were able to share their views about community issues and problems.

your participation in continuing the fine work of making Bernal the best neighborhood in San Francisco. Please join us at one of the following Committee/work-ing groups and be part of the solu-tion:

#### Outreach/Organizing Committee

Tuesday, April 5th at 6:00pm  
(Both the Neighborhood Issues

group and the Public Safety group concerns will be addressed here)

#### Youth Committee, Bernal Heights & Children, Youth & Family Coalition

Joint Meeting:  
Tuesday, April 12th at 7:00pm

Senior Committee  
Monday, April 4th at 4:00pm

Fundraising Committee  
Monday, April 18th at 6:00pm

All groups will meet at the Bernal Heights Neighborhood Center at 515 Cortland Avenue.

For more information, call the BHNC at 206-2140. Come and bring a neighbor! Together Everyone Accomplishes More. •

Photos by Helen Helfer



### A Special Thank You to Bernal Heights Neighborhood Center Sustainers

Thomas Ammiano  
Frank DeRosa  
Kathryn Erickson  
Marge Harburg  
Helen Helfer  
Doug Holloway

Tim Molinare  
Diane Ross  
Steve Shapiro  
Chuck Turner  
Peter Wiley  
Lester Zeidman

### Thank You for Making the House Meetings a Big Success!

*Thanks for Your Time and Effort!*

In one month's time, 26 House Meetings with over 250 participants took place all around the Hill, culminating in our most a successful annual Congress ever.

We'd like to recognize and thank those who opened their homes to friends and neighbors, giving their time and effort to make it all happen.

#### House Meeting Hosts:

George Andino  
Bebe Castaing  
Scott Cunningham  
Frank DeRosa  
Patty Fasano  
Tiki Hadley  
Helen Helfer  
Ann Kircher  
Leonard Flynn School  
Lynn Mannix  
Malik Rahim  
Sister Suzanne  
Malcolm Thomley  
Mauricio Vela  
Dixie Walker  
Berne Weiss  
Youth Forum  
Senior Program  
B.E.S.T.  
Bernal Dwellings  
Sally & Dan Rosen  
Carren & Earl Shagley  
Bill Sorro & Guilianna Milanese  
Sean Mattingly & Paul Quintilian  
Tom Meyer & Julie Stevenson  
Edie Williams & Juan Vargas  
Precita Valley Committee

#### House Meeting Facilitators:

Mauricio Vela  
Helen Helfer  
Cio Dow  
Buck Bagot  
Demece Garepis  
Joy Ferguson  
Jeffrey Bachman  
Juan Hercules  
Vicki Victoria  
Ellen Egbert  
Tori Iva  
Reynaldo Berrios  
Hope  
Nic Griffin

We would also like to thank the over 250 neighbors who participated!



## Bernal Heights Neighborhood Center Members, 1994

Rich Abrahamsen	Consortia B. Dawal	Daro Inouye	Joseph Panicali	Rose Spiller
June Ahern	Catalina De Asis	Connie Inouye	Michael Paolercio	Gary Steadman
John J. Alcaraz	Lorene DeCastro	Carol Jauch	Alison Mood Paolercio	Lisa Steadman
Scott Alden	Vivian R. DeCoursty	Anna Belle Johanson	Helen Parnell	Elaine Stoller
Peter Allen	Frank DeRosa	Marvin Johanson	Corazon V. Pascua	Betsy Stausberg
Richard L. Altman	Ana Diffuti	Bruce Johnson	Jean Pascual	Paul Sussman
Karen Altman	John Doll	Esmer Johnson	Susan Patton-Fox	Susan Swan
Evaristo Amechazurra	Alfredo T. Domaoan	Lisa Kaborycha	Tim Paulson	Cathy Sweetser
Thomas Ammiano	Eileen Donahue	Hope Kamimoto	Olga Pellegrini	Pamela Sygna
Alison Amoneus	Mary Dossan	Jeanna Kellogg	Fill Pennington	Sal Sygna
Sara Anduha	Max Drukmán	Gary Kern	Vicente G. Perez	Florentina Tabora
Steve Anker	Carlos Edward	Linda Kesler	Jesus D. Perez	Vernon Tarril
Peter Armour	Ellen Egbert	Ann Kircher	Belh Pewther	Betty Temant
Amanda Arostegui	Lee Egger	Susan Kitazawa	Yahaira Pinell	Susan Thackrey
Boaz Arzi-Mor	Carl Ehmman	Mike Kitazawa	Barbara Pischel	Sarah Thomas
Debby Arzi-Mor	Kathryn Erickson	Anita Kline	Juan F. Polanco	Barbara Thomson
Arthur Atkinson	Florencia Esperanza	Jane Krivich	Penny Polatsch	Ian Thomson Head
Gavina Aurelio	Virginia Estelita	Judy Kurtz	Cooperativa Popular	Douglas Michael Tieso
Buck Bagot	Denise Echean Cooper	Carmen LaBrash	Valentin Porras	Nicholas Toney
Rufino R. Balajadia	Susan Faltus-Melosen	Roger Lake	Bob Price	Eather Torres
Katie Balestrieri	Fay V. Farnar	Monique Lawson	Pauline Proshan	Amy Trachtenberg
Eliza Mac Banks	Patricia K. Fasano	James Leavitt	Juanita Pulido	Annie Trusty
Mervin Banks	Frank Fasano	Laura Kim Lee	Christine Pyston	Anita M. Tusson
Archie Banks-Jr.	Lisa Feldstein	Monica Loe	Paul Quintilian	Victor Tuller
Louis P. Beaulac	Sydney Fisher	Maria I. Leiva	Dr. A.A. Ragadio	William Tupuola
John Beaulac	Tom Flusty	Donna B. Levi	Eufrencia Ragadio	Chuck Turner
Richard Bee	William Foss	Margie Lewis	Malik Rahim	Kathy O. Turner
Carol Bee	Carmen Fox	Kristen Lewis	Derek Rainer	Ricardo Valle
Irene Berman	Mary Foy	Marcia Lieberman	Billie Jo Rains	Phoebe McAfee VanKooy
Dino Bevilacqua	Finnegan Fry-Steiner	Mindy Linetsky	Jonathon Rapp	Richard C. VanKooy
Barbara Biancalana	Carol Gadas	Victoria Lising	John L. Rhodes	Peter P. VanKooy
Jack Biancalana	Sarah Gallegos	David Looman	Van Richards	Juan Vargas
Louise Billotte	Ruth Garcia	Lillian Loomis	Julia Riddell	Victoria Vasey
Bill Billotte	Demece Garepis	Josephina S. Lopez	Nancy Rivera	Celia Vega
Robin Blackstone	Georgia Garepis	Amy Love	Vivian Rivera	Mauricio Vela
Charles Bolton	Gregory Gavin	Elizabeth Masag	Bud Robbins	Rose Vela
Angelica Bondoc	David Gavrich	David Malmán	Donna Roberts	Maria Q. Vela
Magdalena Bonostro	Alice Gillbeaux	Sandra Marilyn	David Robinson	Christina Vela
Guido L. Borgis	Shoshana Gizzl	Polly Marshall	Bruno Rocha	Carlos P. Vela
Jennifer Bowen	Anne L. Goff	Eva Martinez	Maria Rocha	Carlos Vela
Anna Brandt	Ann Golden	Claudio Martinez	David L. Rogers	Edward Vela
Jeffrey Y. Branner	Angelica Gomez	May Masunaga	Daniel Rosen	Antonio Velasco
Leonard Breger	Shee C. Gong	Rose P. Matco	Sally Rosen	Helen Vicente
Laura Bresler	Annie Gonzales	Sean Mattingly	Diane Ross	Vicki Victoria
David Brigode	Natalia C. Gonzales	Elaine Mayers	Bill Rumpf	Christine Victoria
Renee Brigode	Emmanuel Gousse	Isabelle V. Mayo	Eve Rumpf-Stemberg	James Victoria
Joan G. Brown	Marta Grabien	Diane J. McAllister	Sabin Russell	Michael J. Victoria
Alan Bruce	Nicola Griffin	Frances McEmore	Antonio P. Ruste	Deanna Victoria
Anne F. Brussok	Elva Guanill	Sue Medsger	St. Anthony's Church	Jennifer Victoria
Richard A. Cabling	Steve Guillen	Alex Mejia	Antonio Salenga	Four Star Videos
Juanita E. Cachola	Jess Gumban	Carmen Mendijeta	R. Salloum	Eleanor Vinsant
Eugene Cachola	Nick Gumban	Bambi Montes	Paul Sanchez	Helen Vosters
Josephine Campagna	James W. Haas	Monico Meza	Susan Sanchez	Father Joe Walsh
Miriam Cardenas	Kevin Hall	Antoinette Meza	Jesus V. Sario	Rosemary Ward
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David Castaneda	Frank Harris	Cornet Molly	Royce D. Schumacher	Berne Weiss
Carrie Cavanaugh	Martha Hawthorne	Suzanne Montes	Peter Schwab	Linda Wells
Catherine Cayce	Beulah Heagren	Carmen Morales	Lynn Scott	Gerald Whitehead
Tina Cervin	Helen Helfer	Jose Luis Moscovich	Carren Shagley	Peter Wiley
Thomas Chin	Robert Henderson	Florence Mosley	Ilard Shagley	Georgia Willette
Patricia L. Cleary	Ann Henry	Herman G. Muirraqui	Steve Shapiro	Edie Williams
Charlie Club	Juan P. Hercules	Carmen Muñoz	Patty Silver	Grace Williams
Dorothy Coakley	Amy J. Herndon	Julian D. Muñoz	Mike Simms	James Williams
Peter Coakley	Rita Barbara Herndon	Susanna Muñoz	Suzanne Simms	Margaret Wilson
Charlie Cooper	Suzanne Hockel	Timothy Murdock	Helen Sjoberg	James C. Wolf
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Kenneth Corrigan	Sally Holland	Julian M. Navarro	Pelagia Socias	Leslie Wozniak
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Members as of 3/21/94

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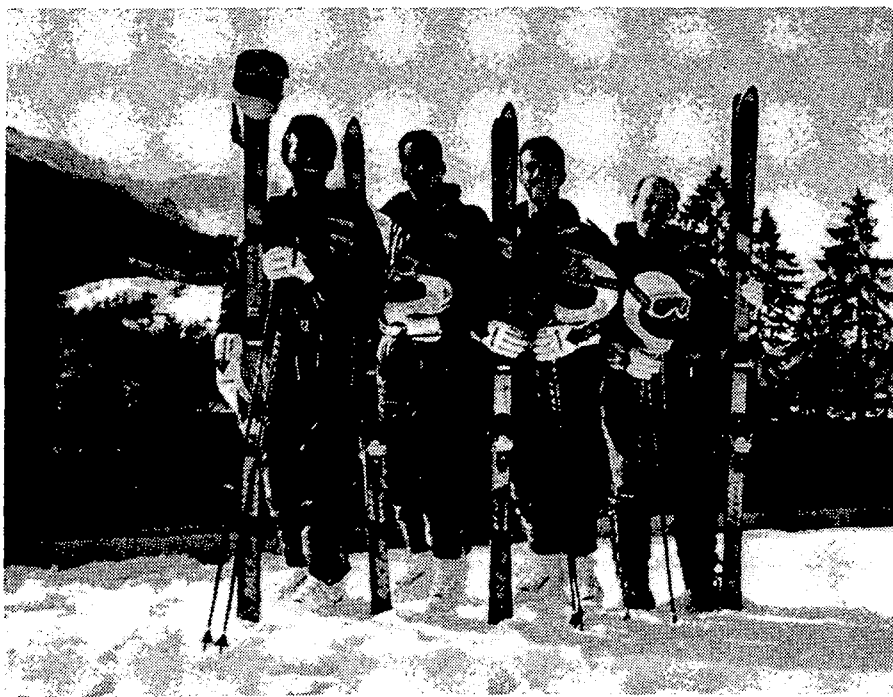
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## Olympic Door

Continued from page 1...

"What the Games are about are athletes from all over the world competing to the best of their abilities, while communicating the cultural aspects of their countries," says Muñoz who spent time with world athletes in two Olympic villages. "It's not about medal competitions and sweeps - that's a press attitude, not an athlete's attitude." Unfortunately, Muñoz felt that the International Olympic Committee did not share his vision of a true 'Olympic Spirit.'

An architect in the Bay Area, Muñoz is also very involved with his native Costa Rica as a marketing representative for Wente Brothers, which became a major sponsor of the ski team. His activities with Costa Rica's consulate and the Oscar Arias Foundation furthers his involvement in his country's diplomatic work. It was this involvement that brought him in touch the Costa Rican Olympic Committee which first



The Costa Rican Ski Team trains in Garmisch-Partenkirchen, Germany, in preparation for the 1992 Winter Olympics in Albertville, France.

asked him to represent Costa Rica in the 1988 Winter Games. Muñoz would like third-world countries to be able to continue to participate in the Games by being allowed to enter one ath-

lete through their own national olympic committees in order to preserve Olympic openness.

Muñoz felt that the International Olympic Committee changed its views and strategies

after the 1988 Games because of a few embarrassing incidents. At the slalom event, skiers are sent down the hill every thirty seconds. One skier from an African country had passed up his teammate, causing officials much angst. During the ski jumping events, one particularly unskilled skier, who finished last in both events, was viewed as making a mockery of the games.

Muñoz acknowledges the International Olympic Committee's concern with eliminating these 'tourist athletes' to preserve the quality of the Games, but he says they have gone to far in eliminating the traditional Olympic spirit of global togetherness.

Although a country's olympic committee may choose its own athletes, the International Olympic Committee screens who will compete. Muñoz says that by adopting the International Ski Federation's rules, the international committee had hoped to avoid embarrassments such as in 1988. "They screened out all non-Alpine and African nations with an intention of ridding themselves of more embarrassing scenes."

As the Costa Rican committee's pick, Muñoz was left in a dilemma by the International Olympic Committee which would not clearly confirm his participation

with only a few months before the Games were to begin. "I faxed the IOC dozens of inquiries and they never directly answered my question 'Can I compete.' They would always go around an answer and simply inform me to read the rule book," recalls Muñoz. This left Muñoz in an awkward position of not knowing whether he should continue to invest the time and expense of training.

Muñoz says the international committee only allowed athletes ranking among the world's top 500 Alpine skiers to participate in this year's winter games. Individual countries could enter one athlete through their own olympic committee if their skier ranked in the world's top 1,500 in accordance with International Ski Federation standards. Muñoz feels that these rules serve only to eliminate Latin countries like Costa Rica. "These regulations cut out countries who haven't sent their skiers throughout the globe for world competitions," says Muñoz. "With limited funds, smaller or third world countries can't send their athletes to these world cup events that they need to race in order to build up a foundation of world class points." By enforcing the federation rules this year, Muñoz reasoned that the international committee effectively eliminated smaller countries that could have caused the Olympics greater embarrassments.

Muñoz has had coverage of his plight in the New York Times and the Christian Science Monitor, but he says that the public's sentiments are aroused in order for change to occur. Other athletes, like the friends he's made from Senegal and Mexico, share his views and are working towards organizing other countries to address the issue.

Retired as an athlete for future games, Muñoz hopes to stay involved as a representative of Costa Rica's olympic committee to help his country continue in the Winter Games. "We need sponsors and money to find eligible athletes, properly train them and send them to World Cup races to prepare them for the Olympics, otherwise, we can no longer participate."

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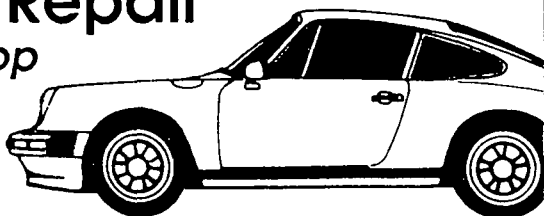
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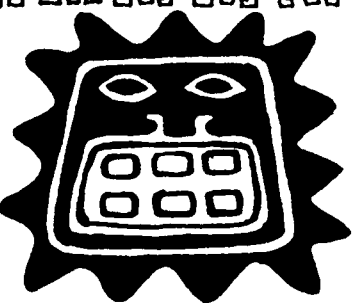
## Cultural understanding through arts & crafts

In keeping with their goal of enriching Bernal Heights with art from around the world, Cooperativa Popular Teodosia invites neighbors to join them for

a series of free arts & crafts classes. The Cooperativa believes that a person who learns how a craft is produced will ultimately gain more understanding of another person's culture.

Held on Saturdays from 10 a.m. to 12:00 p.m., the classes will be free, but those who would like to make a donation to help fund the classes are welcome to do so. The classes will be held at the Neighborhood Center, 515 Cortland Avenue. For more information, call the Cooperativa at 642-9223.

- Handmade Paper  
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May 7
- Handmade Card Festival  
June 11



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## Quaker Meeting Begins in Bernal

by Alan Lessik

Two Bernal residents have helped start a Quaker (Friends) meeting that meets in Bernal Heights two Sundays month and in Noe Valley for the remaining Sundays. Alan Lessik and Joe Iser, Bernal residents for almost two years now were interested in having a neighborhood meeting in which to experience Quaker worship. "Since we moved to Bernal Heights, we felt that this part of the city should have enough people to support its own local Friends meeting. We spoke to a number of members of the San Francisco Friends meeting and decided to start our own worship

group in Bernal Height and Noe Valley," said Iser. He noted that it is traditional for friends to start a new meeting or worship group, once the largest meeting grows to the size of the San Francisco meeting.

Friends, formally known as the Religious Society of Friends (Quakers) are a Protestant religion, which started in the 1600's in England and spread rapidly in Pennsylvania and the East Coast during the 1700's. The church itself has no hierarchy and is based on the principles of non-violence, justice and recognition of the individual's inner light. Historically, Friends were in the

forefront of the anti-slavery movements and have held out steadfastly for the resolution of conflict through peaceful means. More recently, many Friends meetings have begun to celebrate gay and lesbian marriages in the same manner as they have

traditionally celebrated heterosexual unions.

The Bernal/Noe Valley group follows quakers procedure for its weekly meeting. "First time attenders might find the meeting quite

different than other churches", remarked Lessik. "A typical Friends meeting consists of silent meditation/worship, that is only broken when a person feels that they have a verbal message to share with the group. In an hour-long meeting several messages

are often shared."

The Bernal/Noe Worship group meets in members' homes at 10:00 a.m. each Sunday. For a meeting schedule or for more information, contact Alan Lessik/Joe Iser at 641-7467 or Alison Pence at 282-4796.



### New Holly Court President

The Holly Court Public Housing Development selected Josephina Lopez to serve as the president of their tenant's association. Pictured here with her daughter Jessica, Lopez's main focus will be on maintaining safety for Holly Court. As a mother, she realizes the importance of more stop lights near the housing for its many children. "A little boy was hit crossing Mission Street near Highland," says Lopez, "We want a stop light there, as well as Highland and Patton, because we don't want to see anymore children hurt."

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**Helper needed for grocery bag** distribution to low income elderly in Bernal Heights. 3rd Wednesdays, 10:00 - 2:00 each month. Pick up and load/unload food donations and assist in coordinating sorting and bagging. Your help a few hours a month will make a difference for many senior citizens in our community! Contact Vicki at the Bernal Heights Senior Program, 206-2145.

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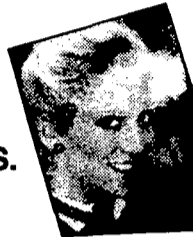
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## Youth!

### Family Resource Center at Paul Revere School

By Daron Beasley

Any parent can tell you that raising a child is not easy. With this in mind, the Healthy Start collaborative at Paul Revere Elementary School has added a service for the benefit of its students and their families; the Family Resource Center (FRC).

Located in Room 105 of the school's Annex building at Tompkins and Banks streets, the Family Resource Center is funded by Healthy Start and provides information, outreach services and referrals for a variety of purposes. Parents have come to the FRC to ask about day care referrals, G.E.D. assistance, computer training, free used clothing and general information about the school.

The FRC is staffed by parents of the school's students. Under the supervision of a social worker, Len Capozzi, these parents went through an extensive training course on the many aspects of social work they could expect to encounter while serving at the school. They were also visited by representatives of many of the social assistance organizations in the City and Bay Area who discussed topics such as drug, alcohol and substance abuse; special education; child abuse; stress and coping with grief.

Any parent in the Bernal Heights area with children at Paul Revere School is invited to visit and check out the information available. •

## Keeping the hope for children and youth alive

By Cló Dow,  
Community Organizer

For the past several months, we have been asking community members "what problems exist in the community and what can be done to solve them?" Brains have been picked and probed for a good cause. All of the data gathered and collected through the NIT-AMP needs assessment survey and numerous house meetings was shared and discussed at the BHNC annual Community Congress on March 12.

One of the groups formed at the Congress focused specifically on children and youth. With 35-40 participants, the group decided to focus on setting up a tutorial program, creating more activities, programs and support for young women and enhancing children and youth activities. The Bernal Height's Children, Youth and Families (NIT-AMP) Coalition will coordinate efforts in meeting

these needs.

The coalition needs your help in these areas of concern. This is an opportunity to get involved and to make a difference within your community. If you are interested, come to the April 12 coalition

working meeting or call me at 206-2140. Remember, working together we can all make a difference.

Remember, working together we can all make a difference! •

## Volunteers needed in our public schools

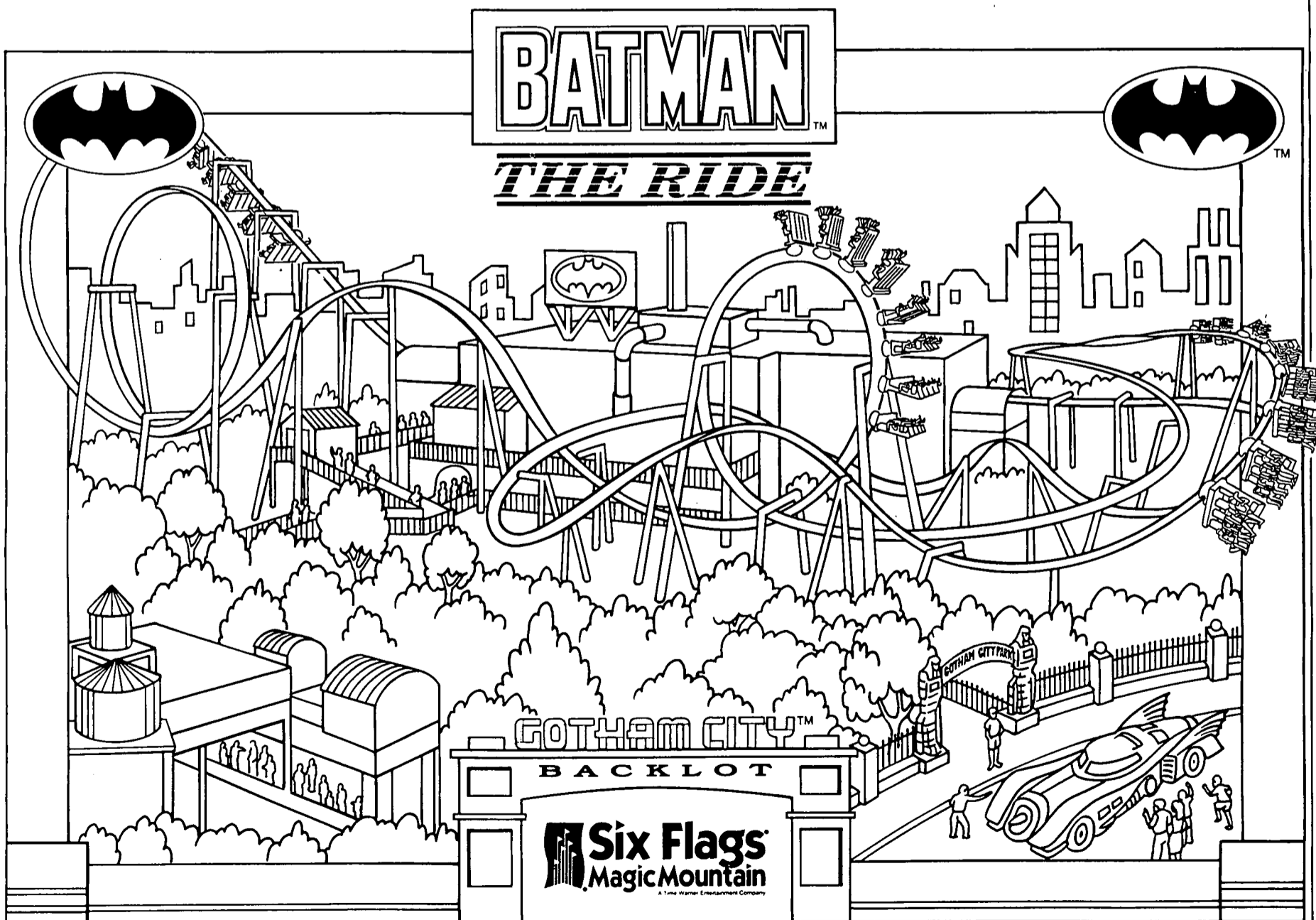
San Francisco's Public Schools need your help. A volunteer in the classroom cuts the students-teacher ratio in half. Schools in partnerships with local businesses groom the workforce of tomorrow. If you can volunteer an hour or two a week - there's a place for you in our schools...perhaps you can get your company involved, too.

San Francisco School Volunteers exists to improve the quality of public education through parent, community and business involvement directly in the schools. SFSV can train and place you in a classroom that needs your skills and suits your schedule. Call 274-0259.

## The Batman Ride Coloring Contest!

The *New Bernal Journal* invites children 5 - 11 years of age to enter a coloring contest celebrating the new Batman ride at Six Flags Magic Mountain. Batman the Ride, a mind-bending roller coaster, is located at the park's new 6.2 acre Gotham City Backlot in Southern California. The grand prize winner will receive 10 free tickets to Magic Mountain, a \$280 value! Two semi-finalists will receive four tickets each! Deadline to enter is 4/18/94. Additional copies of the coloring contest are available at the Neighborhood Center, 515 Cortland Avenue.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ School: \_\_\_\_\_  
Address: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_



# ANSWER THE CALL!

TM & © 1994 DC Comics

# Seniors!

## Take an Elder to Senior Night Out

On May 25, isolated and frail seniors throughout the city will be treated to "Seniors' Night Out," a wonderful evening of fine food, special guests and multicultural entertainment. The Bernal Elder Support Team (BEST) invites neighbors to escort an older adult from the neighborhood to the event which will be held from 4:30 to 7:30 p.m. at Gabbiano's Restaurant on San Francisco's spectacular waterfront.

A personal contribution of \$35.00 or more will help defray the cost of the dinners and also help to raise funds to continue outreach, practical support and advocacy services to frail and isolated elders in Bernal Heights, Bayview Hunters Point, the Tenderloin and the South of Market.

In addition to providing a special "night on the town" for San Francisco's isolated elders, the event hopes to increase public awareness of the dilemmas con-

fronting seniors every day. Escorts will gain a greater appreciation of what it means to live with dignity as one gets older and in more need of assistance.

Businesses and organizations are encouraged to sponsor Seniors' Night Out with a gift of \$500 or more for the Gold Circle, \$250 Silver Circle and \$100 Bronze Circle. Contributions are tax deductible within the limits of the IRS code.

To help older adults challenged by the issues of living independently in their own communities, call BEST at 206-9177 to support their efforts by being an escort for Seniors' Night Out.

What:	Seniors' Night Out
When:	May 25, 1994, 4:30 - 7:00 p.m.
Where:	Gabbiano's Restaurant SF Waterfront
Cost:	Donations of \$35+
Call:	Carmen Mendieta at BEST, 206-9177



## A Soulful Celebration

The Neighborhood Center celebrated Black History Month with their annual Soul Food Dinner on February 25. Guests were treated to a homestyle meal cooked by Vernon Tarricel, Grace Williams, Alice Gilbeaux and Annie Trusty. Both youth and seniors of the center helped to prepare and serve the dinner which was followed by poetry, singing and music celebrating our African-American culture. The evening was highlighted by an energetic step dance performed by Phi Beta Sigma of SF State University. The center would like to thank our main sponsors, Good Life Groceries and Safeway for donating much of the food for the celebration.

The Youth & Senior Choir of the Neighborhood Center performed traditional folk and gospel songs for nearly 100 guests at the annual Soul Food Dinner.



The Phi Beta Sigma Step Dance Team of SF State University gave a foot stompin', heart poundin' performance to the excited crowd.

## Senior Health Fair!

Older adults, 60 or better, are invited to the Bernal Heights Senior Program's Health Fair on Saturday, May 14, 1994, 9 a.m. to 2 p.m. at the Neighborhood Center, 515 Cortland Avenue.

Held each May in celebration of Older Americans' Month, the Health Fair is highlighted by the "Brown Bag Medicine Review." The review invites seniors to bring all of their medications for an individual counseling session with a pharmacist. Seniors will be encouraged to ask questions about proper use, storage and side effects of each of their prescribed drugs. The Pharmacist can help the senior to discover any dangerous medication combinations or misuse and also recommend any cost saving generic alternatives.

The Health Fair also provides

free Glaucoma screenings and blood pressure checks. Scheduled health professionals will answer questions and provide information on osteoporosis, dental care, prostate and breast cancer. A special display and demonstration of special telephone equipment for hearing, vision or mobility impaired persons by Pacific Bell will inform seniors on how to apply for these free services.

A free lunch, entertainment and door prize drawings will provide a fun and relaxing day at the Health Fair. Seniors who would like to attend the fair need to register by calling Vicki Victoria at the Bernal Heights Senior Program, 206-2145. Transportation for frail seniors and Spanish interpretation are available upon advance notice.

Bernal Heights

## Senior Health Fair

Saturday, 9:00 - 2:00

May 14, 1994

A free community health fair for senior citizens

- Free Health Checks & Screenings
- Medication education & counseling by local pharmacists
- Free lunch and Door Prizes

To register call:  
**206-2145**



Featuring the  
**Brown Bag Medicine Review**

Bring in your "medicine cabinet" and learn how to better organize your medication, how to avoid dangerous duplications and how to prevent

**Bernal Heights Senior Program**



Bernal Heights Neighborhood Center  
515 Cortland Avenue, San Francisco

WEDNESDAY NIGHT

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<b>CARDS: \$1 ea \$5 min.</b>	<b>DOOR PRIZES!</b>	<b>\$100</b> 10 games Good Neighbors <b>\$150</b> 4 games Good & Good Good Neighbors

DOORS OPEN 6pm • 1st GAME 7:30 pm

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# Living on the Hill

## Bernal Hilltop Natural History

### Johnny-jump-up - Bernal's Yellow Violet

by Barbara M. Pitschel

Spring has come to Bernal once again, and with it comes our lovely display of native wildflowers. One of the prettiest is *Viola pedunculata*, our yellow violet, which looks like a small golden garden pansy.

This member of the *Violaceae* (violet family) is a perennial, whose large flowers peer up from slender, nodding stems which grow from deep, short, thick, spongy rootstocks. The five bright yellow petals have purplish-brown nectar guides that give an impression of little faces. The leaves are bright green and heart-shaped.

This monkey-faced violet has always been a favorite of children, who gave it the common name "Johnny-jump-up." Early Spanish children called the flowers "gallitos," little roosters.

These violets, which grow only a few inches tall, form bright patches on the slopes of grasslands, oak woodlands, and coastal scrub in central and southern California at elevations below 2500 feet.

On Bernal, Johnny-jump-ups can best be seen along the western slope, where they bloom in association with many other beautiful native wildflowers from February through April.

This is one of the deep rooted,



*Viola pedunculata*

summer dormant native violets which have a reputation for difficulty of cultivation. Seeds are difficult to germinate, plants do not transplant well, and the species is prone to root rot. We have not had much success in propagating Johnny-jump-ups for the Bernal Hilltop Native Grassland Restoration Project, but we are fortunate in having healthy natural populations on the hill.

If you would like to join us in enjoying Bernal's native wildflowers and bunchgrasses, come to the Bernal Hilltop Native Grassland Restoration work parties at 11:00 a.m. on the third Sunday of each month (fourth Sunday this April). Call me at 282-5066 for details.

## Astro Rap

By Jessica Murray

Saturn is in the sign of Pisces now, for the first time in 28 years. This ingress (as such sign changes are called) marks a subtle shift in the collective sensibility.

All of us began to treat our subconscious contents quite differently in January of 1994. Though few may be aware of it, an organizing process is afoot deep within the part of the mind contacted most fully in sleep. Fears and phobias are being counted. Fantasies and inspirations are being compiled. Both the creative aspects of imagination, such as artistic insights, and the negative aspects, such as delusions, are being ordered and focused upon in the background of our awareness.

What is the purpose of trying to structure energies so elusive many people don't even credit them with existing?

To heal. Saturn opposes the planetoid Chiron in the sky during the first half of 1994. This important configuration will provide each of us with just the right experience we need to make sense of our old wounds, the kind that we usually suppress all knowledge of.

The National Health Plan discussion is being paralleled on the inner planes; as each individual takes responsibility for her or his own personal hidden hurts.

For astrological readings call Jessica Murray at 626-7795,

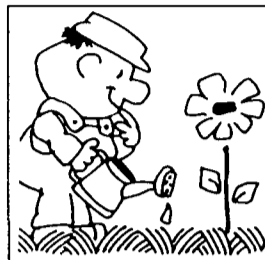
## Gardening on the Hill

By Rose Blum

### Slugging it Out With Slugs

They're slimy, slow and will eat all things tender, tasty and green in your garden throughout the night. Now that spring has sprung, it's time to get snails and slugs under control.

Snails and slugs feed at night when the air is cool and the soil is moist. If you like adventure, you can visit your garden with a flashlight and catch the culprits in the act, picking them off of plants and vegetables and squishing them. More squeamish gardeners can simply leave a loosely rolled newspaper, cardboard box or wooden slat under or near area frequented couple of days, accumulate on which can be scraped off. Some swear by leaving out — the snails attracted to the finally drown.



If you have no qualms about using poisons in your garden, traditional snail bait is available in gardening section of your favorite home improvement store or nursery. You can sprinkle the bait in infested areas, but you'll extend the effectiveness of the bait if you place it in or on open containers, away from the moist soil or overhead watering. Placing the bait away from direct contact with the soil also keeps your vegetables or herb harvest free of the toxics that could leach into the soil and ultimately into your edibles. If you or your neighbors have cats or dogs, you should consider using an alternative to snail bait, as pets may eat the bait, which looks a lot like kibble.

You can also take preventative measures by placing copper strips on the edges of planter boxes - snails and slugs won't cross over them. Although snails and slugs will not cross over salt, it's not a good idea to use it in your garden, as it will eventually get into your soil, making the salinity levels of the soil too high for most plants.

### Trim a Tree, Save a Bird

Trim trees and bushes now, before nesting season, so that baby birds can survive. If you wait until later in the season, the full growth of leaves can camouflage a nest or an animal living in a tree. Large numbers of injured and orphaned baby birds and squirrels are admitted to the California Center for Wildlife's animal hospital every spring because the branches that hold their new nests are trimmed too late in the season. Trimming trees early also makes birds less accessible to cats looking for snacks and is healthier for the trees as well.

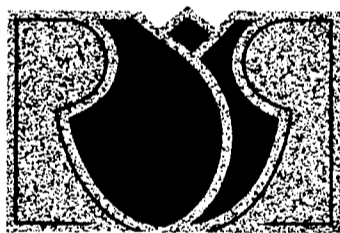
Look before trimming. If you find a nest, wait four to six weeks for birds and 10 weeks for squirrels to be able to become mobile enough to maneuver in a tree or bush if trimming is necessary. Populations of many species of birds are declining. Falling from nests and being caught by cats are two of the most common causes of bird injury and death. Call the California Center for Wildlife at 456-SAVE (456-7283) for more info.

### Bernal Garden Tour

The Strybing Arboretum Society will lead a garden tour entitled "Bernal Heights: Onward and Upward" at 1:30 p.m., April 16. They will explore Bernal's eclectic neighborhood of homes and gardens connected by narrow, winding streets. They will be escorted by an engaging designer and horticulturist to private gardens demonstrating different design approaches and styles, including a large, shared three-neighbor garden. An afternoon climb to the top of Bernal Hilltop will highlight the new restorations of native wildflowers and plants. The fees for the tour are \$15/members and \$20/nonmembers. To register, contact the Strybing Arboretum Society, 661-0668.

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New Bernal Journal, 515 Cortland Ave., SF, 94110

# Composting: It's Recycling, Naturally!

By David Assman,  
SF Recycling Program

As the 24th annual Earth Day approaches, it's an appropriate time to consider all the different options for recycling. Most San Franciscans recycle every type of recyclable material, including steel cans, white paper, junk mail and 2-liter plastic soda bottles. So what else can one do?

Why not consider nature's way of recycling-composting? Those vegetables and fruit trimmings in your trash can are a resource that can be used through composting. And what exactly is composting? Composting is the biological reduction of organic materials into life-giving nutrients.

Organic material, such as food scraps, yard trimmings and wood, is the largest single component of San Francisco's landfill. More than one-third of all material sent to the landfill — more than one million pounds a day — is organic material. Much of this material can easily be transformed into a usable soil amendment through composting.

By utilizing a compost bin, all you need to do is place compostable materials (such as sawdust, lawn clippings, small twigs, and food wastes such as vegetable peels, egg shells and coffee grounds) in the bin, stir them once in a while and, within a few months, you'll get a crumbly, brown, sweet-smelling

material that can be used as a soil amendment for your garden and container plants.

By making your own compost, you can increase soil fertility that makes your plants healthier and you won't have to spend money on fertilizers. In times of drought, compost also helps retain soil moisture, lowering your watering needs.

The San Francisco Recycling Program and San Francisco League of Urban Gardeners (SLUG) are sponsoring free composting workshops in April. Call SLUG at 285-7585 to register or to receive a set of free brochures on various composting techniques. The Recycling Program is offering a high-quality, low cost compost bin for \$32.50 (tax & delivery included) called the "Earth Machine" to San Francisco residents at one-third its regular cost. Home delivery order forms are available by calling SLUG, or you can save an additional 10% off (\$29.25 total) at the one-day compost bin sale at 7th & Lawton on Saturday, April 9th from 9 a.m. to 3 p.m.

### Composting Workshops

When: 4/9, 4/30 from 10:00 am to noon, 4/24 Worm Composting, 2:00 to 4:00 pm  
Where: Garden for the Environment 7th and Lawton  
Call: SLUG, 285-7585

# Precita Center is Back

By Joy Ferguson

The Precita Valley Community Center is back. Since September, the Precita Center, 534 Precita, has run a very limited program. But the center is now fully staffed and ready to offer an exciting schedule of activities.

"Due to the valiant work of Shawny Wright and Willie Galdamez, the center was able to keep open with a minimal program," said new center director Peter Vigil. "Now, with new Recreation Manager Louis Gill, and Case Manager Karen Zapata, we are once again able to run a full program."

"Our focus is still on providing recreational services to youth and children," Vigil said. "However, we are instituting programming aimed at families. Saturday will be Family Day. We are committed to solutions for youth that involve the whole family."

With an open house scheduled for Tuesday, April 26, from 3:30 to 6:00 p.m., the Precita Center is ready to reassume its role as a neighborhood provider of alternative activities for at-risk youth.

"All youth are at-risk to some degree in the modern world," said Vigil. "All kids need a place to find stimulating and healthy activities. The center intends to address not only recreational issues, but also to engage the kids educationally and socially. All of the center's programs will

have a social and educational element," Vigil said.

With the addition of a Case Manager, the center will be able to help kids and their parents in find solutions to legal difficulties, school problems, accessing program access, family issues, and education funding. "We are offering a Homework and School Project Assistance program, in house leagues, pool and ping pong tournaments, movie nights and more," Vigil said. The center is also forming a Precita Valley Youth Council and instituting programs for women and girls, beginning with aerobics and weight training and perhaps, self-defense.

Precita Center's first Family Day will be April 23. Called "Family Fitness and Health Day" it will include physical activities for families to enjoy together, health screening and information. The Red Cross and other service agencies are being invited. Elders will also be invited to participate in activities regarding their health.

The Precita Valley Community Center looks forward to the support and participation of Bernal Heights in making its activities a success.

### Precita Center Open House

When: Tuesday, April 26  
3:30 - 6:00 p.m.  
Where: 534 Precita Avenue  
Call: Peter Vigil, 206-7756

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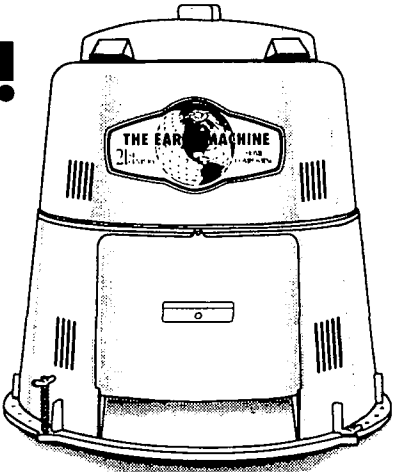
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or Saturday April 30th

at the Garden for the Environment (located in the Sunset District at Lawton and 7th Avenue)

To Order Your Compost Bin Today call 285-7585

Or save an additional 10% at a Special One Day Sale! Saturday April 9th

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Check with ID or cash only - No credit cards

\* Offer for San Francisco residents - only one per household  
7th and Warren (in the Sunset District)  
9 am - 3 pm. While Supplies Last.

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### Precita Valley Community Center

SPRING SCHEDULE • 1994

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W R O I G H T	6:00 - 8:00 am Open Session All Ages	6:00 - 8:00 am Open Session All Ages	6:00 - 8:00 am Open Session All Ages	6:00 - 8:00 am Open Session All Ages	6:00 - 8:00 am Open Session All Ages	11:00 - 4:00 pm  FAMILY DAY  Events like • Bar-b-ques • Health Faire • Workshops • Picnics • Dances
	4:00 - 6:00 p.m. w/ Instructor Ages: 15 - 18	4:00 - 6:00 p.m. w/ Instructor Ages: 15 - 18	4:00 - 6:00 p.m. w/ Instructor Ages: 15 - 18	4:00 - 6:00 p.m. w/ Instructor Ages: 15 - 18	4:00 - 6:00 p.m. w/ Instructor Ages: 15 - 18	
	6:00 - 9:00 p.m. Open Session Ages: 18 up	6:00 - 9:00 p.m. Open Session Ages: 18 up	6:00 - 9:00 p.m. Open Session Ages: 18 up	6:00 - 9:00 p.m. Open Session Ages: 18 up	6:00 - 9:00 p.m. Open Session Ages: 18 up	
G Y M	8:00 - 10:00 a.m. Games/Crafts Ages: 5-7		8:00 - 10:00 a.m. Games/Crafts Ages: 5-7		8:00 - 10:00 a.m. Games/Crafts Ages: 5-7	Check out our: • Study Groups - read about La Raza History, talk about culture, news. • Women's Fitness Classes. Exercise, Nutrition, Aerobics, light weights. • Free legal consultation and legal workshops in coordination with Mission Community Legal Defense • Open Recreation time. Play pool, table tennis, basketball, paddleball, badminton, volleyball, etc. • Movie night - Food and drinks.
	10:00 - 11:30am Women's Fitness		10:00 - 11:30am Women's Fitness		10:00 - 11:30am Women's Fitness	
	4:00 - 6:00 pm Open Recreation	4:00 - 6:00 pm Leagues	4:00 - 6:00 pm Open Recreation	4:00 - 6:00 pm Leagues	4:00 - 6:00 pm Open Recreation	
	6:00 - 8:00 pm Leagues	6:00 - 8:00 pm Rec/Cultural	6:00 - 8:00 pm Leagues	6:00 - 8:00 pm Rec/Cultural	6:00 - 8:00 pm Leagues	
H O M E W O R K & M	2:30 - 4:00 pm Homework Group Ages: 7-13	2:30 - 4:00 pm Homework Group Ages: 7-13	2:30 - 4:00 pm Homework Group Ages: 7-13	2:30 - 4:00 pm Homework Group Ages: 7-13	2:30 - 4:00 pm Homework Ages: 7-13	
	4:00 - 5:30 pm Homework Group Ages: 14 up	4:00 - 5:30 pm Study Group Ages: 14 up	4:00 - 5:30 pm Homework Group Ages: 14 up	4:00 - 5:30 pm Study Group Ages: 14 up	4:00 - 5:30 pm Homework Ages: 14 up	
	5:30 - 7:30 pm Games/Crafts Ages: 7-13	5:30 - 7:30 pm Games/Crafts Ages: 7-13	5:30 - 7:30 pm Games/Crafts Ages: 7-13	5:30 - 7:30 pm Games/Crafts Ages: 7-13	5:30 - 7:30 pm Games/Crafts Ages: 7-13	
					MOVIE NIGHT! 7:00 - 9:00 pm	
L I B R A R Y	5:30 - 6:30 pm Peer Groups/ Library Hours		5:30 - 6:30 pm Peer Groups/ Library Hours		5:30 - 6:30 pm Youth Council Meeting Food and Drinks	

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## Bernal Calendar

### Sewer Shaft Meeting

Thursday, April 7, 7:00 p.m. Bernal neighbors are invited to express their concerns about the proposed sewer shaft on the hill. Board of Supervisors and their representatives will attend to hear residents' concerns and will use their findings to make a decision in November about the proposed Crosstown Tunnel project. Neighborhood Center, 515 Cortland Avenue. Call Beth Abrams, 282-6177 for more information.

### Champagne Bingo

Sunday, April 10, 2:00 p.m. Enjoy an afternoon of champagne and homemade sandwiches and cakes while playing Bingo at this annual fundraiser. \$10 includes 7 cards with a \$30 payout for each of the 14 games. Doors open at 12 noon. St. Kevin's Church Hall, Ellsworth Street off Cortland Avenue.

### Free Quit Smoking Classes

Mondays, April 18 - May 23, 5:30-7:00 p.m. Health Center #3 and the American Lung Association are offering free enrollment to the very successful Freedom from Smoking Clinic. Low-income smokers can take this course (normally costing \$85) to learn how to quit smoking and stay smoke-free. Classes held at Health Center #3, 1525 Silver Avenue. To register, call Scott Thomas, 543-4410.

### Christmas in April

Saturday, April 23, all day. Several low income, disabled or elderly homeowners in Bernal Heights will be receive their Christmas presents early this year when Christmas in April returns to the hill. You can help by volunteering you time and skilled or unskilled talents to repair and rennovate homes in need. Call Marta Johnson, 905-1611

### Cinco De Mayo Dinner

Friday, May 6, 6:00-9:00 p.m. It's a fiesta of tamales, salsa and red hot dancers, singers and musicians as the Bernal Heights Neighborhood Center celebrates Cinco De Mayo. Tickets are \$10/ adults and \$5 seniors or youth. A benefit for senior services in our community. Neighborhood Center, 515 Cortland Avenue. Call 206-2145 for ticket reservations.

### Senior Health Fair

Saturday, May 14, 9:00 a.m. -2:00 p.m. Seniors 60+ are invited to visit the Health Fair's free health screenings and information tables staffed by health professionals. The fair's Brown Bag Medicine Review allows seniors to sit down with a pharmacist to discuss the proper use and storage of their medications, inexpensive generic alternatives and unsafe pill combinations. Lunch and door prizes. Neighborhood Center, 515 Cortland Avenue. Call the Bernal Heights Senior Program at 206-2145 to register.

### Best in the West Festival

May 20, 21, 22, Friday 6:00 p.m., Saturday & Sunday, 1:00 p.m. St. Kevin's Church invites you to enjoy a fun-filled festival of games of chance for only 25¢ a try, booths filled with prizes, Latin and Filipino foods and the all time favorite Bingo. Admission is free to this annual fundraising event. St. Kevin's Parish Hall, Ellsworth Street off Cortland Avenue. Call St. Kevin's Church at 648-5751 for more information.

### Seniors' Night Out

Wednesday, May 25, 4:30-7:00 p.m. Take an elder out to dinner in this fundraising event to benefit the Bernal Elder Support Team. Your \$35+ donation escorts an isolated senior from our neighborhood. Dinner will be held at Gabbiano's on the SF Waterfront. Call Carmen Mendicta at Bernal Elder Support Team, 206-9177.

*Submission deadline for the next Bernal Calendar is 5/20/94.*

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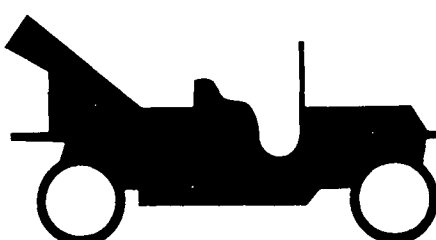
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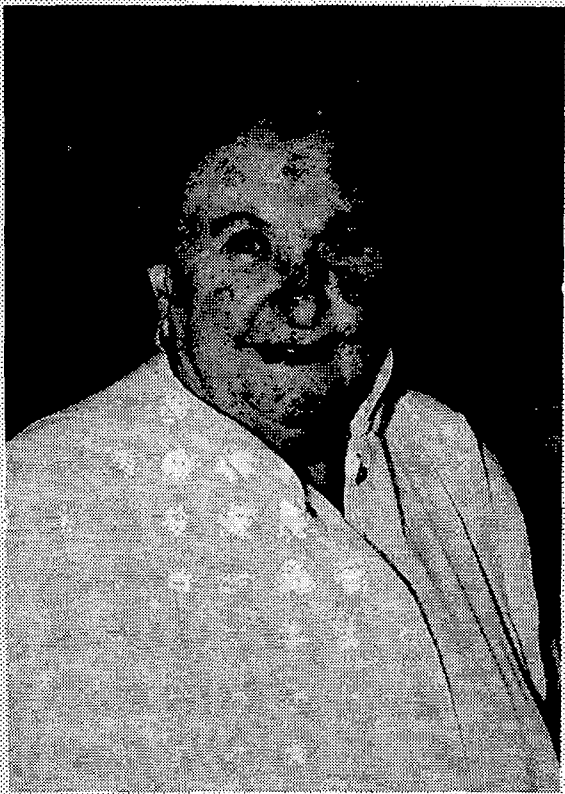


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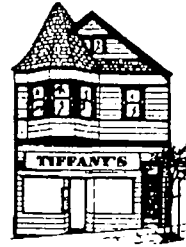
## A well deserved retirement

After 22 years of faithful service, Flora Valente is retiring from her job as a popular teller at our Bernal Branch Bank of America. A familiar face on Cortland Avenue, Flora, a resident of Bernal since 1922, was honored at a retirement celebration at the Marriott Hotel on March 26th.

Prior to working at the BofA, she and her husband, Saverio, ran Cortland Cleaners for 18 years. Flora, who raised six children at her home on Ellert Street, plans to relax and travel in her golden years.

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## Bernal Library News

By Valentin Porrás

### Free Tax Assistance

The Bernal Heights Library has free tax assistance by VITA, every Saturday from 1:00 to 6:00 p.m. in the library's community room until April 9.

### Adult Reading Group

An adult reading group meets every last Thursday of the month at 4:30 p.m. The group selects titles to read and discuss at each meeting. *Candide* by Voltaire will be discussed on April 28 and *Jazz* by Toni Morrison on 5/26. New members are encouraged and welcomed.

### Children's Story Hour

Children's Story Hour is held every Tuesday morning at 10:30 a.m. Individuals and groups are welcome. Groups are over six people, however, should call in advance in order for us to accommodate you. Wednesday night is Family Night starting at 7:00 p.m. Stories, games, songs and children's films are scheduled for each month; please call for dates.

### New Research Tool at Bernal

The library has just received on a trial basis EBSCO magazine index with abstracts. It is an excellent tool for research and is quicker than the hard copy of the reader's guide. The index has more than two hundred magazines dating from 1984 to the present. Please feel free to try it out. The staff is happy to help you out as needed.

### National Library Week April 17-23

You can help us celebrate this year's theme, "Libraries Change Lives" by telling us in 100 words or less how the library and/or librarian helped to change your life or made a difference for someone you know. Prize winners will be honored and selected stories will be published in local media. The Bernal Library has entry forms and the deadline is April 15.

### Trivia Time

How many World's Fairs has San Francisco hosted?

How many U.S. Presidents are left handed?

What is the largest city in the world population?

Answers will be given in our next column, but you are welcome to find them in the Bernal Library!

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